

**The Gourmet  
Restaurant**  
DINNER BUFFET: \$10.95  
Good Food  
Great Value  
405 MAIN STREET, PORT COLBORNE  
905-834-6683

FRIDAY, OCTOBER 9, 2009

## Blazing trails

Local departments  
promote fire safety  
Pages 3 and 12



**Heads of the class**  
Meet the new principals in town  
Pages 6 and 8

## A savory weekend

George Duma had a lot on his plate  
Page 15

INSTALLED or DO-IT-YOURSELF!  
**EAVESTROUGH**  
Ask About "stereo" Eavestrough  
Never Clean Your Gutter Again!  
905-892-6177  
PERSONAL TOUCH HOME IMPROVEMENTS

# IMPORT NEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 40 VOLUME 13

For news updated daily see [www.inportnews.ca](http://www.inportnews.ca)

### EDUCATION

## Heroes lauded

MARYANNIE FIRTH  
InPort News Staff

WELLAND — Members of the St. Elizabeth Catholic School Community are being lauded for their heroic efforts in averting disaster at the Wainfleet Fall Fair recently. Niagara Catholic District School Board chair Kathy Burkhardt told a packed house at a Sept. 29 board meeting there would be an addition to the agenda.

See HEROES | Page 2

## See Inside: **DUPONT'S INSERTS** Full Distribution

## HOMES extra



## Sears



## NDP leader visits striking workers

ALLAN BENNER  
InPort News Staff

PORT COLBORNE — Striking Vale Inco workers need to have an opportunity to negotiate a collective agreement with their employer. And that's what happened when employment workers were called in to do the work, while they're manning the picket lines, provincial New Democratic Party leader Andrea Horwath said last Friday.

"We need to get back to a place in Ontario where scabs are simply not allowed," the Hamilton Centre MPP told about 40 members of the United Steelworkers Union Local 6200 gathered by the picket line in front of the Port Colborne nickel plant.

After months on the picket line, workers haven't lost their resolve, said Local 6200 president Wayne Rae.

"We're working on three months now and you know it's tough but we're fighting the good fight," he said.

Support shown by the NDP he added, means a great deal to the 115 striking union members in Port Colborne.

"You guys are the only ones who ever came out to our picket line," Rae told Horwath, who was there with Welland MPP Peter Kormos and MP Malcolm Allen.

See VALE INCO | Page 5



ALLAN BENNER Staff Photo

Provincial New Democratic Party leader Andrea Horwath, and Welland's MP and MPP Malcolm Allen and Peter Kormos, left, huddled under umbrellas and awnings while visiting striking workers at the picket line at the Vale Inco plant in last Friday.



*Margaret Ann GIGANTI*  
sales representative

*New Listing: 144 Clark St. Port Colborne*  
2+1 bdrm with gorgeous family room, fire to ceiling gas fireplace and built in bbg  
make this a family room to really entertain in. Call me for more details on this gorgeous  
family home that's bigger than it looks!

OFFICE 905-834-9000

[margaretann@royallepage.ca](http://margaretann@royallepage.ca)

**ROYAL LePAGE**

Niagara Real Estate Centre

Brokerage

Helping you find  
your way home!

WONDERING WHAT YOUR HOME IS WORTH? CALL FOR YOUR FREE HOME EVALUATION

# upfront

■ **HEROES:** Car with failed brakes almost hits children in parade procession

## Quick thinking saves local students

FROM PAGE 1

That addition would include recognizing and honouring heroes who saved the lives of school students, said education director Steve Crocco.

The act of heroism occurred during Wainfleet Fall Fair's annual parade. Brakes failed on a vintage car during the procession, sending it straight for a number of St. Elizabeth students.

Crocco lauded the quick thinking of St. Elizabeth principal Enrico Schirru and staff member Bryan Caldwell — who grabbed the side of the car to physically slow it while pushing students out of the way.

He also thanked fast-acting parents and parade spectators who helped to get children out of the car's path, including Lisa and Tom Stanton, Carol Loeffen, Assunta Magazzani, Carrie Mayr and Christine Malagutti.

One young girl received minor injuries during the incident and was tended to at the scene by firefighters.

Schirru said Schirru managed to lift up a primary student who was 5 "milliseconds from being pinned by the car," adding he and other students were "centimetres from being hit."

An off-duty Niagara Regional Police officer, whose child attends St. Elizabeth, was at the parade and managed to disengage the vehicle's engine, Crocco said.

He added that "God's hands were present (that day) ... protecting students from harm."

"We're proud to have these heroes as part of the Catholic school community," Crocco said.

"Only with God's hand could we respond as we did," said Schirru in response to the talk of heroism. "There was no time to



MARYANNE FIRTH Staff Photo

Parent Lisa Stanton, school principal Enrico Schirru and staff member Bryan Caldwell all received the Golden Cape Award for quickly removing children from the path of an out-of-control vintage car.

**There was no time to think, we simply reacted.**

Enrico Schirru, principal St. Elizabeth School

think, we simply reacted," he said, adding he wanted to thank God for the "gentle nudge."

During Tuesday's presentation, Schirru, Caldwell and Stanton, Lisa Stanton were all presented with Golden Cape Awards from the St. Elizabeth School council.

Burtnik told the group Tuesday's meeting could have been very different had the quick-thinkers not intervened.

"Heroes with hands and feet on today's streets ... are saints not in heaven," she said. "Thank you so much for protecting our kids."

■ **ENVIRONMENT:** Wainfleet just got a little greener



KAESHA FORAND Staff Photo

Township of Wainfleet staff have been planting trees around town, thanks to the Niagara Peninsula Conservation Authority's donation of native trees. Each municipality received 50 trees in honour of the NPCA's 50th anniversary. Staff including Ron Vandelaar, Mayor Barb Henderson, Greg Wuisman and Fabio Magazzani planted the white pine, tulip, ash, oak, silver maple and walnut trees.

## Imagine Life Without Back Pain!

**AVOID BACK SURGERY  
WITH NON-SURGICAL  
SPINAL DECOMPRESSION**

**KING ST. FAMILY CHIROPRACTIC**

550 KING STREET, PORT COLBORNE 905-834-5561



# portraits

## Blazing trails in fire safety



Left: During an open house held Saturday to kick off Fire Prevention Week, four-year-old Melissa Mitchell, with the help of Katherine Jenkins, crawls through a maze set up by Port Colborne fire-fighters to teach them how to safely escape a burning building. Middle: Sarah Mitchell tries to ring the bell. Right: Trent Woelfle learns a few tips about the proper use of fire extinguishers from firefighter Dan Shaver.

ALLAN BENNER  
InPort News Staff

**PORT COLBORNE** — As many as 300 children were expected to learn a few lessons about fire safety, and have a great time doing it, last Saturday.

Port Colborne Fire and Emergency Services kicked off fire safety week with an open house including a number of fun activities for children and parents, too.

"There are lots of things for them to do," said Port Colborne's fire prevention officer Mike Benda, referring to activities ranging from climbing a home's that on fire, to putting out a fire with a fire extinguisher.

"There's a fire safety maze, where we teach them to crawl safely under smoke, feel the door (to see if it's hot), and then go out the window to their meeting place."

That maze, he added, was built by the firefighters specifically to teach children what to do if the fire alarm goes off when they're at home.

There were also a few inflatable attractions set up at the

Mellanby Ave. fire hall, but the children weren't allowed to use it until they learned a thing or two about fire safety first.

During past years, Benda said children who arrived for the fire safety week kick off, just made a beeline for the inflatables, ignoring everything else — except maybe the barbecue food, donated this year by No Frills and Port Colborne Lions.

So this year, he said children needed to get stars from participating in other educational activities before they were allowed to jump around in the inflatables.

The educational aspects of the attractions like the maze didn't stop the children from enjoying themselves.

"We get a good response to this," he said, referring to the maze.

"The kids love doing this."

Besides the events at the fire hall, two very talented Grade 2 children in the city have a very special treat.

As part of the kickoff, Benda said firefighters distributed colouring contest posters to all the elementary schools.

Once the best coloured pictures are selected, he said a boy and a girl will be invited for lunch with fire Chief Tom Cartwright, and other firefighters.

He said a fire truck will pull up at their school to pick the children up for their ride to the fire station.

Port Colborne Fire and Emergency Services, several years ago, when they were still working out of the old fire station on Catherine St. But at that time, it was a low-key event since they didn't have the room for all the additional attractions.

In the years since the fire department moved to the new station on Mellanby, Benda said it has continued to grow.

Children weren't the only ones to get a lesson in fire safety during the event. Several parents also learned a few tips on properly raising fire extinguishers with a \$12,000 training device donated by Port Colborne Lions.

The device, he added, has attracted several agencies to the fire hall interested on training staff on the proper use of fire extinguishers.

"We do a lot of training for industry and organizations," he said.

# INPORT NEWS

Published by InPort News

Osprey Media Publishing Inc.

228 East Main St. PO Box 278

Welland, ON L3B 5P5

Tel: 905 732-2411 Fax: 905-732-3660

import@wellandtribune.ca

Ken Koyama, publisher, general manager

SUN MEDIA

A Quebec Media Company

## ourview

# Breakfast programs nourish young minds

**M**ore schools are hoping on the breakfast program bandwagon — and for good reason.

Health experts have said for years that breakfast is the most important meal of the day not only for children, but also for adults. We must nourish our body and brain to start our day off on the right foot.

If children aren't thinking about how hungry they are first thing in the morning, they can concentrate and do better in school.

A number of schools in Port Colborne offer fruit, cereals, cheese, protein, dairy juice and on occasion hot meals such as french toast.

Breakfast clubs don't see poor, hungry or underprivileged children; they are open to all students without judgment. Those who don't want an extra snack before class, those who missed breakfast or those who might not have breakfast food at home.

Children and teens can all benefit from a snack or full breakfast before they make their way to class.

Thanks to a number of local businesses, food, cooking equipment and money have been donated to help ensure breakfast program successes. This is a program teachers, educational assistants and principals should push for in every elementary and high school.

### Back on the field

The high school football season is only three weeks old and already the Lakeshore Catholic Gators are looking strong — as usual.

In the season-opening game last month, the senior Gators beat St. Michael's Mustangs of Niagara Falls 31-2 and last week they hammered the Saint Paul Patriots — another Niagara Falls team — 30-0.

The Gators are on the right track, perhaps the same track they were on last year when they won the provincial championship for the second time in school history.

There's a good chance Lakeshore will once again win Niagara's Premier Division championship, with Blessed Trinity being the only real threat to upset them.

But the question is can they repeat as Golden Horseshoe Bowl champs?

Plenty needs to go right for a high school team — or any team for that matter, to win a major championship. Talent, teamwork, dedication, will to win and luck are all needed. But not all necessarily at the same time or in the same game.

Last year the Gators proved they have all of those in their favour — from the first game of the season to the last which was played at Rogers Centre in Toronto.

Winning one provincial title is difficult, and capturing two straight is even harder. But one thing the Gators of the last year taught us was this: don't ever count them out.

## FUNDRAISER: Barbecue benefit for the United Way



Submitted Photo

During a recent barbecue to benefit the United Way, a special guest cook made an appearance in Port Colborne. Sobeys store manager Terry Ladouceur was joined by NDP Leader Jack Layton, MP Malcolm Allen and Ad Lewis of the United Way of South Niagara.

## readers' views

# A Wainfleet dilemma

NDP Leader Jack Layton paid a visit to the Wainfleet Fall Fair this past week. He made a point of greeting Betty Kong at the Wainfleet Ratepayers' Association stand and complimented her for her continued fight against the Lakeshore Servicing Project.

During their friendly exchange Mrs. Kong said the fight would be made so much easier if Wainfleet's own town council showed any support for the residents who had helped elect them. Mr. Layton agreed that the residents should expect less than such support.

At the Wainfleet Fall Fair, a ballot was held for anyone who wished to take part. It included six questions asking: Do you support the following and do you believe they will benefit all present Wainfleet residents?

Subdivision type development in hamlets (Wingert) Against — 87%

Subdivision type development outside hamlets (North East) Against — 90%

A second and new quarry on Hwy. 37 Against — 90%

Subdivision type condominium developments along the Lake Erie shorelines? Against — 97%

The Lakeshore servicing project or big pipe? Against — 97%

**GENERAL NOTICE:** The contents of this newspaper are protected by copyright and may be used only for personal, non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright.

For further information, contact KAESA FORAND.

**LETTERS TO THE EDITOR:** Copyright in letters and other material submitted to the publisher and accepted for publication remains with the author, but the Publisher and its licensees may freely reproduce them in print, electronic or other form.

## CLIMATE

# Losing control



Gwynne Dyer

My youngest daughter is 17, so she will have lived most of her life before the worst of the warming hit. But her later years will not be easy, and her kids will have it very hard from the start. As for their kids, I just don't know.

It is the Met Office's job to make forecasts, and its forecast for the 2000s is an average global temperature rise of 1.4 degrees C, or 0.8 degrees F. Speaking this week at a conference called 4 Degrees and Beyond at Oxford University, Dr. Richard Betts, Head of Climate Impacts at the Meteorological Office's Hadley Centre, one of the world's major centres for climate research, laid it all out.

"We've always talked about these very severe impacts only affecting future generations," said Dr. Betts, "but people alive today could live to see a 4 C rise. People will say it's an extreme scenario and it is an extreme scenario, but it's also a plausible scenario."

All we have to do is go on burning fossil fuels at the rate we do now, and we'll be there by the 2080s. Keep increasing our carbon dioxide emissions in pace with economic growth, as we have done over the past decade, and we'll be there by the 2040s.

"There's not a good place to be."

At an average of 4 C warmer, fifteen percent of the world's farm land has become useless due to heat and drought, and crop yields have fallen sharply on half of the rest: an overall 3 to 4 percent drop in food production.

Since the world's population has grown by two billion by then, there will be only half the food per person that we have now. Many will starve.

In western and southern Africa, average temperatures will be up to 10 C (18 F) higher than now. There will be more desertification in Africa, on both sides of the Mediterranean, in a broad band across the Middle East, northern India, and South-East Asia. Without glaciers, Asia's great rivers will be mostly dry in the summer. Even one metre of sea level rise will take away the world's food-rich river deltas.

There will be famines, and massive waves of refugees, and ruthless measures taken to hold borders shut against them. The bitter irony is that the old-rich countries whose emissions did the most to bring on this climate change will be the least affected, at least in the early stages. The further away you are from the equator, the less you are hurt by the changes.

See Gwynne Dyer | Page 5

GWYNNE DYER

## Action to stop climate change is a tough sell

FROM PAGE 4

The trouble is that 4 C is not a destination. It is a way-station on the way to 5 C or 6 C hotter, where the ice on the planet's oceans and the only habitable land is what's still above sea level around the Arctic Ocean.

Once we have passed two degrees hotter, we are at even-greater risk of triggering the big feedbacks that take control of the warming process out of our hands.

At the moment, we are in control of what we want to be, for it is our excess emissions of greenhouse gases that are causing the warming. But if melting permafrost and warming oceans begin to give up the immense amounts of greenhouse gases that they contain, then we find ourselves on a climate escalator that inexorably takes us up through 3 C, 4 C, 5 C and 6 C with no way to get off.

That is why the leaders of all the world's big industrial and developing countries, meeting in Italy last summer, adopted 2 C as their joint "target." It's a very good target; they didn't explain the reasoning behind that goal to the rest of us. Mustn't frighten the children, I suppose.)

Meanwhile, the people tasked with negotiating a new climate treaty at Copenhagen in December are moving bravely onwards, but show no signs of coming up with a deal that will hold us under 2 C.

Global emissions must start dropping by 3% a year right away, but over the past decade they have been rising at 3% annually.

Everyone involved in the process understands the stakes and agrees on the goal. Almost everybody knows what the treaty will eventually look like, but they don't believe they can yet sell that deal to the folks back home, so it probably won't happen this year.

Or next tick tock.

Gwynne Dyer's latest book, *Climate Wars*, was published recently in Canada by Random House.

**EYE EXAMS**  
DR. CHRISTIAN NANINI  
OPTOMETRIST

Portugal Village Plaza  
For an appointment call:  
**905.834.0332**  
451A Steele St., Port Colborne



VALE INCO

## NDP speaks to striking workers

FROM PAGE 1

Kormos said Ontario used to have legislation restricting the use of replacement workers, but a level of protection for striking workers that was taken away by the Progressive Conservatives in the mid-1990s.

Last year, Kormos introduced Bill 86 that would ban the hiring of replacement workers, except when less than 60% of striking workers vote in favour of it. It was passed and is awaiting June 3, 2008. The second reading of that bill will be voted on next week.

"Our real goal is to get the legislation passed, it's a simple as that," he said. He invited Local 6200 members to attend Thursday's debate at Queen's Park — an invitation few and other striking workers accepted.

He congratulated workers who have been on picket lines since July 13, when they and Vale Inco workers from Sudbury voted against a new collective agreement that substantially reduced their job security and company pensions.

"It isn't about you and your jobs, it's about your children's jobs and their children's jobs," he said.

Horwath told the workers she appreciates the "sacrifice you're

making to draw a line in the sand in terms of what it means to be a worker in the province of Ontario and someone who has negotiated benefits, pensions, decent wages and working conditions, and is in a situation now where the company's trying to pull all that back from you."

And the workers continue to lobby the federal government to better support Canadian workers, employed by foreign-owned companies.

"Vale Inco is going to learn to appreciate Canadian workers," he said. "They'll learn that lesson, unfortunately they decided they're going to do the opposite. It's not about us, it's about them and it's unfortunate that we have to teach them that lesson because of the suffering that you have to go through."

"When they come into this country, they're going to respect labour relations, they're going to respect the workers, they're going to work, we're not going to have to teach them a lesson every single time."

Rae said many of the changes proposed in the contract apply to workers hired in the future.

"There are just so many issues, but the main ones are the benefits and the pensions, the bonus plans."

**CLASSIFIEDS**  
small ads **BIG** deals

**OUTDOOR ANTENNA**  
IDEAL FOR THE HOME,  
COTTAGE OR RV  
HDTV COMPATIBLE & NO MONTHLY FEES

**Port's Electronic Convenience Store**  
MIONE'S Since 1929  
Port Colborne 905-834-4223

Ask the experts at:  
**THE SOURCE**  
DEALER

## Hometown Insurance Service with Big City Savings



CALL FOR A FREE QUOTE TODAY!

**WHITE'S**  
INSURANCE BROKERS

**905.834.3228**

45 Clarence St. W. Port Colborne  
www.vergeinsurance.com



## Ask the - **HEALTH EXPERT**

DR. LINDSEY DUNCAN,  
ND, CN



### WHAT IS THE ACAI BERRY?

#### AMAZING ACAI - THE BRAZILIAN HEALTHY BERRY

For thousands of years the people of Brazil have known about the many beneficial secrets of the oil purple acai pronounced oh-say-uh-ee Berry. This amazing berry grows in the Eastern Amazon region and Brazil itself. To the people of South America, it is the super food of the Amazon.

The acai berry is one of the world's most interesting and unique foods - and one of the healthiest. Packed with antioxidants, amino acids and essential fatty acids, this tiny berry delivers a nutritional profile rarely seen in any food and many consider it to be the world's most complete food.

#### HEALTHY HELPER

Antioxidants found in the acai berry in a remarkable concentration, with three and a half times the antioxidants of red wine per volume. Anthocyanins offer protective benefits to the cardiovascular system, digestive organs, brain, blood, cells, and tissues, as well as exhibiting strong anti-inflammatory and anti-ageing properties.

Acai oil contains an almost perfect amino acid profile, including phenylalanine, tyrosine, and tryptophan, which are important for the brain and nervous system as a precursor to numerous neurotransmitters in the human body. Proline is one of the main components of collagen, the connective tissue that binds and supports other tissues. Glycine is utilized in liver detoxification and is essential for the biosynthesis of nucleic acids and bile acids.

Acai is very similar to olive oil in fatty acid content. The berry contains 60 percent oleic acid, and omega-9 polyunsaturated essential fatty acid, and 12 percent linoleic acid, an omega-6 polyunsaturated essential fatty acid. Essential fatty acids are crucial for human health and are responsible for hundreds of physiological processes in the human body including the production of cell membranes, hormones, and other signaling molecules.

Plant sterols found in the acai berry also enhance immune response by increasing T-cell density, enhancing secretion of lymphokines involved in cellular immunity, and boosting the activity of cytotoxic cells (a key fighting pathogen).

Last but not least, this amazing berry contains a full array of natural vitamins, minerals, and significant amounts of dietary fiber. Most noteworthy acai contains vitamins A, B1, B2, B3, C, E, as well as potassium, calcium, iron, magnesium, and phosphorus.

To ensure you gain all these amazing benefits from acai, be sure to choose a 100 percent pure acai juice, which should contain at least 30,000 mg of pure acai per 1 ounce serving. Lindsey Duncan, ND, CN, is the founder and CEO of *Genesee Today, Inc.*, who has extensively studied the therapeutic benefits of acai.



**TUNE IN THIS SATURDAY TO:  
Ask the Expert**  
with guest DR. Lindsay Duncan

**RADIO 610 AM CKTB**

**SATURDAY OCTOBER 10 12pm to 1pm**

**100% PURE  
ACAI JUICE  
SAVE \$10  
\$39.99**

Save ends Oct 24/09

946ml



**The Healthy Cupboard**

PORT COLBORNE  
494 Steele St.,

Portugal Village Plaza

905-834-9806

GeneseeToday.com  
healthycupboard@gmail.com

FORT HILL

111 HIGHWAY #20 E.

Acadie Plaza from Sobeys

905-834-0054

**CUSTOMER APPRECIATION DAY Nov. 4th**

■ EDUCATION: Theo Dagenais spent two years at Alexander Kuska before his new job in Port Colborne

## Meet the new principal at St. John Bosco

KAESHA FORAND  
InPort News Staff

**POR T COLBORNE** — Theo Dagenais had a busy summer preparing for his new role as principal at St. John Bosco Elementary School — a job he says is multifaceted.

"When you're confronted with new change it's a double-edged sword with new challenges and approaching it with apprehension."

The Thorold resident made his way to Port Colborne after spending two years at Alexander Kuska in Welland as vice-principal.

"I'm very excited to be here," he said.

Throughout the school year he will focus on keeping the school's reading and writing Education Quality and Accountability Office (EQAO) scores high and promote students' ability to achieve their full potential.

With the EQAO results, he will look at areas where it is successful and "target specific areas we might need to improve and look at strategies to improve."

By doing so, staff will examine what areas students succeeded in the past and see where they want to improve and make changes.

Developing good relationships with the community and parent council will also be a top priority.

Trying to find a balance will be another challenge considering the school wants to promote growth in academics, socially, emotionally and spiritually to more than 280 students.

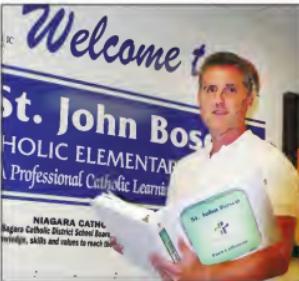
"We want to strengthen the school community and church because of our foundations to provide an educational atmosphere with gospel value in Christ," he said.

While in his first year of leading the school, Dagenais said he has received support and advice from colleagues and administration in the Catholic school board.

"I learn through experience, and have a great staff and they are very supportive," he said.

Staff Photo

St. John Bosco's principal Theo Dagenais spent much of the summer preparing for the new position he took at the beginning of the month. Throughout the year he will focus on school and community growth while adjusting to his new position at the helm of the school.



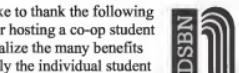
## Thank You



Port Colborne High School would like to thank the following local businesses and organizations for hosting a co-op student this semester. These employers realize the many benefits that this experience will offer not only the individual student but also our community as a whole in the long run. Port

Colborne High School students are privileged to have the opportunity to learn, develop skills, and exercise responsibility from our many exemplary business partners.

A Childs World Daycare  
Ascot Stud Farms  
B&C Auto & Truck Centre  
Bridgeview Motors  
Canal Side Pub & Eatery  
City of Port Colborne City Hall  
Erie Muffler and Brake  
Food Basics  
Frank's Home Building Centre  
Hebert Motors  
J. Oskam Steel  
Judy's Bakery  
LA Hair  
Lake Erie Property Maintenance  
Legendary Home Improvements  
Matheson's Drug Store  
Metamorphosis Hair



Murdoch's Tire & Automotive  
Network Neighborhood  
Newport Signs  
Niagara Falls SPCs  
Northend Automotive  
Northland Pointe  
Port Colborne Hospital  
Port Colborne Marine  
Portal Village  
R&J Mercier Automotive  
Ricci's Automotive  
Safari Niagara (Zooz)  
Salvation Army  
Staples Express  
The Smokin' Buddah  
Thruway Muffler & Automotive  
V.A. Hoffman Plumbing & Heating

If your business or organization would like more information about Port Colborne High Schools Co-operative education program please contact Shawn Coers at [shawn.coers@dsbn.edu.on.ca](mailto:shawn.coers@dsbn.edu.on.ca) or Ph: 905-835-1186

## HELPING HANDS



Submitted Photo

Tender Wishes past president Al Luciano, left, received a \$700 donation from Niagara Antique Power Association president Reg Tufford.

**St. Charles Village**

introduces our  
**FALL 2009  
SPECIAL  
2 MONTHS  
FREE RENT!**

• Affordable, Flexible Life Plans  
• Medication Administration Included in our fee  
Starting at \$1,695  
Limited Number of Specialty Suites Available....  
Reserve your space before November 30th, 2009  
to guarantee one of our  
Specialty Suites at this time. Limited Rate!

Call Debbie Cosby  
today to book your tour!  
**905-788-1844**

Don't forget to ask  
about our added  
**BONUS**  
if you sign up before  
Oct. 30th, 2009!

**Starting at  
\$1,695  
including  
Medication  
Administration**

**630 Nova Cres., Welland** [stcharles@bellnet.ca](mailto:stcharles@bellnet.ca)

## ■ BUSINESS: New pharmacy celebrates grand opening



KAESHA FORAND Staff Photo

The Port Medical Pharmacy held its grand opening ceremony last Wednesday at the Portal Village Plaza. It offers full prescriptions, over the counter drugs, a free blood pressure testing machine, blood sugar testing and med check consultations. It is open Monday to Friday from 9 a.m. to 6 p.m. and Saturday from 9 a.m. to 1 p.m. Owners and pharmacists Sam Sharma, left, and Ottavio Tullini operate the business with a technician and help Mayor Vance Badaway get his blood pressure tested.

## There's No Need to Suffer!

The cold and flu season is coming. Soon enough we'll be surrounded by coughing, sneezing, sniffing and suffering. With the growing strength of viruses and infectious diseases, the potential for you to catch what's going around, is almost a given.

When you do get sick, about the only thing recommended nowadays is that you take medication and wait it out. Unfortunately, the use of antibiotics is not showing any promise in the battle against these deadly bugs. As with all infectious diseases, including the common cold (also known as the coronavirus), anyone with a weak immune system is more likely to get sick and stay sick longer.

Here's what you can do...

- Wash your hands. The likelihood of contracting or spreading disease is



reduced with proper hygiene.

• Good nutrition supports a strong immune system. So you need to eat plenty of fresh fruits, vegetables, legumes, lentils, whole grains, nuts and seeds. They are rich in healthful antioxidants, phytochemicals and nutrients known to nourish the body and prevent disease.

- Take Anti-Viral Formula. It will supercharge your immune system to fight all viral pathogens. Anti-Viral Formula is a combination of powerful natural ingredients to boost your immune system. It has been clinically tested and proven to reduce the severity and duration of colds and viruses.

For more info on the Anti-Viral Formula, visit [Rosemary's Natural Choices](http://RosemarysNaturalChoices.com).

60 caps

Sale ... \$ 17.99

Sale ends November 3<sup>rd</sup>

### Look For the Tag!

Look for the tag on all Natural Factors Echinamide products. When you purchase a tagged item, you could win a brand new Flat Screen Television! Take your purchase to the cashier and they will scan your tag to see if you have won. Plus many other great prizes to be won.



95 Lincoln Street (St. Charles Plaza)  
I Block South of Pupos in Welland  
Phone: 905 714-0566  
[www.rosemarysnaturalchoices.com](http://www.rosemarysnaturalchoices.com)

Information is provided for reference only. For specific health issues consult your local natural health practitioner.

LARRY BOGGIO  
R. Ph. B. Sc. Pharm. ( Owner )BONNIE EDWARDS  
R. Ph. B. Sc. Pharm.

## What is Compounding? (PART ONE)

### What is it?

Compounding is the art and science of preparing customized medications designed to suit every patient's individual and unique needs.

### How does compounding benefit me?

Compounding is beneficial to you because of the fact that the medication is designed entirely to suit your individual needs/ preferences in terms of taking drugs. Whether it be the fact that you can't swallow pills, that the drug you need does not come in the dose that you require, that the drug you need is no longer available from the manufacturer, or even the fact that you are allergic to certain dyes, preservatives, or ingredients found in commercially available medications. We can deal with all of these problems and many more by specially compounding your medication just for you.

### Is compounding expensive?

In most cases compounding is no more expensive than commercially available products. The cost of a compounded product will depend on the ingredients, the equipment required and the time the pharmacist spends researching and preparing the medication. Fortunately, as PCCA/Professional Compounding Centres of America members, we have access to pure-grade quality chemicals which dramatically lower costs and allow us to be competitive with commercially manufactured products.

### Does my prescriber know about compounding?

Compounding is becoming increasingly popular within many practitioners' practices. However, some doctors may not be aware of compounding due to aggressive marketing from drug manufacturers. If this is the case, discuss with your doctor why you would like a compounded medication or come and talk to us and we will be able to work with you and your doctor to come up with a compound that is suitable for your needs.

### What kinds of prescriptions can be compounded?

Almost any kind of prescription can be compounded into a unique formulation just for you!

### Some examples of what we can make include:

- capsules
- topical dosage forms
- (creams, ointments and lotions)
- dental preparations
- discontinued combinations
- flavour specialization
- lip balms
- oral suspensions
- pediatric formulations
- preservative free medications
- rectal and vaginal suppositories
- vaginal creams
- veterinary formulations

## Two Locations:

**PORT COLBORNE**  
200 Catharine St., Port Colborne, ON  
**905.834.3514**

**RIDGEWAY**  
307 Ridge Rd., Ridgeway, ON  
**905.894.2200**

[www.boggios.com/Compounding](http://www.boggios.com/Compounding)

■ EDUCATION: Nigel Evans takes over John Freeman-Shaw's former post

# Port High's new principal hails from Wales

KAESHA FORAND  
InPort News Staff

PORT COLBORNE — When Nigel Evans decided to take the step up from vice-principal to principal, he knew he wanted to be in a town like Port Colborne.

So when he heard of a job opening at Port Colborne High School, he jumped at the opportunity to lead the school.

Evans hails from Wales where he grew up and was educated. While teaching in Wales, he met a St. Catharines man who was on a teaching exchange. That's when he learned of the Niagara region and "fell in love with Niagara."

In 1989, he made the move to Niagara and subsequently began teaching geography, history and special needs students at Kernal Park Secondary School, then at St. Catharines Collegiate. He then made his

way to Beamsville Secondary School to be its vice-principal and, most recently, he was Thorold High School's vice principal for six years.

"After 27 years of teaching, a school setting is important and I wanted to work in a community high school."

To Evans, Port Colborne, "is a self-contained community much like Thorold — with a sense of identity."

He replaced John Freeman-Shaw who is now principal at Beamsville Secondary School.

Although Evans is passionate about teaching students, he's also involved in the school he's responsible for: 41 staff members and 575 students. During the last month, he's been getting to know the Port High environment, students and the public school board community.

"I met with the Port Colborne family of



KAESHA FORAND/Staff Photo

Nigel Evans sits at the front entrance of Port Colborne High School where he is now principal.

schools and they're all good-natured, pleasant and positive."

Maps of the lakeside city and some of its organizations adorn his office bulletin board with resources for students and pictures of his wife and two children.

A six-inch tall handmade wood outhouse sits on his desk, a joke from Thorold High School staff because a principal's office often has a washroom attached. His Welsh pride is also evident with keepsakes and symbols from his homeland.

Looking to the 2009-2010 school year, he plans to continue to support a number of school initiatives. He hopes to build on strong mathematic EQAO scores where students scored 6% above the academic board-wide average and 8% higher in applied math.

"We're looking for continual improvement and we challenge students by challenging ourselves."

In the long-term future, he hopes to build a fitness centre with a community access component.

The District School Board of Niagara has set targets in literacy, numeracy and student success and "obviously you set yourself a target and you're always looking to push yourself to the next level."

Catching the Olympic spirit is also top on the to do list — he's hoping to team up with parent councils from other Port Colborne schools to mark the Dec. 21 arrival of the Olympic torch.

[forand@wellandtribune.ca](http://forand@wellandtribune.ca)



**Port Country**  
Serving your  
bulk food needs  
**Pantry**

**Harvest  
Pumpkin  
Ice Cream Pie  
\$8.00**



**Just in time for Thanksgiving**

**WHILE QUANTITIES LAST**

**50 Charlotte St.  
(Near City Hall)**

**Port Colborne's  
Bulk food Store  
289.836.9522**

**OPEN:**  
Mon-Thur.  
9:30am-5pm  
Fri. 9-5pm  
Sat. 10-4pm



Heather Leitch, AMP  
Mortgage Agent

**invis** Canada's  
Mortgage Experts™

**Purchases, Refinances, Renewals**

Call Heather, or drop in, to discuss your  
Residential and Commercial Mortgage needs

**283 Main Street W, Port Colborne**

**T: 905.834.4535 F: 905.834.3610**

[heatherleitch@invis.ca](mailto:heatherleitch@invis.ca)

**www.invismortgages.ca Head Office: 5770 Hurontario St. Suite 104, Mississauga, ON, L5R 3G5**

**Brinkley Uptown: 19865, Lincwood: 106025, DMC: 1105**

**all  
CLEAN  
cleaning services**

**Our Advanced  
Two-Step Carpet  
Deep Cleaning  
System.**

**Step 1) ROTOC  
CLEANING**  
Releases Imbedded Soil  
Rusts and Extracts

**Step 2) STEAM CLEANING**  
Enzyme-Friendly Products  
• Customer Satisfaction Guaranteed  
• Over 25 Years Experience  
• Free Deodorizer

**CARPET CLEANING  
Fall Savings**

**25% OFF  
TEFLON  
PROTECTION**



**Step 1) ROTOC  
CLEANING**  
Releases Imbedded Soil  
Rusts and Extracts

**Step 2) STEAM CLEANING**  
Enzyme-Friendly Products  
• Customer Satisfaction Guaranteed  
• Over 25 Years Experience  
• Free Deodorizer

**House Special:  
SAVE \$60**

**Living Room - Dining Room  
• Apartment Hall & 2 bedrooms  
• Up To 800 sq ft  
• Reg. \$1695  
• Sale \$1095**

**Carpet Cleaning  
SAVE \$20**

**Living Room - Dining Room  
• Apartment Hall & 2 bedrooms  
• Up To 250 sq ft  
• Reg. \$80  
• Sale \$60**

**Upholstery Cleaning  
SAVE \$20**

**Sofa & Chair  
• Reg. \$50  
• Sale \$40**

**Port Colborne, ON 905-834-4499**  
Serving the Niagara Region  
Trusted Professional Carpet Cleaning and Airduct System Cleaning Services

**69.95**

**Extra charge  
Delivery Oct. 31 to Nov. 30  
Delivery Oct. 31 to Nov. 30**

**It's a  
Buyer's  
Market...  
Get the  
Edge!**



**RECRUITMENT**

**INPORT/NEWS**

## ■ PETS

## Choosing the perfect puppy

SANDIE BINGLEY  
IT'S A DOG'S LIFE

**O**K, the family has agreed and you are going to get a puppy.

The kids and dad have promised to help. Mom accepts the fact that she will probably end up with most of the work. The house and the yard will be dog-proofed. You have the time and the money to help a puppy.

Narrow your choices before seeing any puppies. The first step is to decide whether you want a male or a female. Males will generally get bigger than females in almost every breed. All pets need to be neutered but the female needs a little more involved operation which is also a little more costly. Both will be back to normal in less than a week. Both males and females will make great pets.

Next, you need to decide if you want a pure breed or a mixed breed. Purebreds have both parents of the same breed of dog. Usually they have registration papers from the Canadian Kennel Club. Mixed breeds have parents of at least two different breeds. They can be registered. Usually, purebred dogs are more expensive.

Spending more money doesn't mean you will get a better or healthier pet. Beware that a mixed breed with a cute name such as a Goldie-poo (Golden retriever and Poodle), is still just a mixed breed with a fancy name. These dogs should not be priced as high as a purebred with papers and a pedigree.

Decide what age of puppy you would like to

have. Puppies should be at least eight weeks old, have been wormed, given their first set of shots and health checked by a veterinarian before sale. Ideally, eight- to 10-week-old puppies have the benefit of not having time yet to develop too many bad habits, whereas older puppies may have already developed some. Puppies may not like or may not be into the house training routine yet. These things can be fixed with good routines and patience from you and your family.

Where shall we get our puppy? It can be anywhere from the neighbour next door to thousand miles away. If it is closest to you, then the advantage is that you can see the puppies and the litter as a group. You will be able to meet the mother and sometimes the father and the members of the litter.

If the puppy lives far away, then you will only have pictures by mail or e-mail and you will have the expense of the shipping of the puppy. You will have to trust the breeder to ship the right puppy for you and your family. Sometimes this is a good idea, as a good breeder knows the strengths and weaknesses of each. If there is no litter near you that has one you like, look farther away. Don't pick a puppy because it is handy.

You also may decide to pick a puppy from a pet rescue shelter. If so, then you don't get the ownership of the puppy until after the puppy. But if the puppy is healthy and friendly, then this could be the right choice for you. Remember, the shelter attendants are only guessing when they say the puppy will be small or big when full grown — you may get a big surprise.

Don and Sandie Bingley of Sandon Kennels in Sherkston have bred Pembroke Welsh Corgis and Tibetan Spaniels for 35 years. They can be reached at 905-894-4945.

## ■ Wainfleet library

**WAINFLEET** — The following events are being held at the Wainfleet Public Library. For details or to register call 905-899-1277.

**Ongoing:** Computer workshops and one-on-one training available Mondays, Wednesdays and Fridays. Call to book appointment.

**Oct. 15 and 29:** Preschool Story Time for ages two to five. A six-week program of stories, songs, activities and crafts runs Thursdays from 10 a.m. to 10:30 a.m. Call 905-899-1277. Each child must be accompanied by a parent/caregiver. This season's theme is fall into reading at your library.

**Oct. 19:** OverDrive Audiobooks Workshop from 2 to 3 p.m. Learn how to search and download this digital collection of popular Audiobooks. Call 905-899-1277 to pre-register by Oct. 5 as space is limited.

See WAINFLEET LIBRARY | Page 12

## ■ early years

The following events are being held this month at the Ontario Early Years Centre at 92 Charlotte St., inside Port Cares. To register or for information, call 905-834-9070.

**Interactive play sessions:** Monday to Friday from 9 a.m. to noon. Afternoons: Monday to Thursday from 1 to 4 p.m. These programs are for children ages newborn to six years and their parent/caregiver.

**Jump and Jiggle/Paint and Wiggle — Interactive Toddler Program:** Wednesday, Oct. 14, 21 and 28 from 9:30 to 10:45 a.m., pre-registration required. For toddlers 12 to 20 months and their parent/caregiver.

**Jump and Jiggle/Paint and Wiggle — Interactive Preschool Program:** Thursday, Oct. 15, 22 and 29 from 9:30 to 11:30 a.m., pre-registration required. For ages two to six years and their parent/caregiver.

**Infant Massage Program:** Monday, Oct. 16, 26, Nov. 2 and 9. Pre-registration required. For infants, not yet moving independently and their parent/caregiver. These afternoon sessions are offered from 1:30 to 3:30 p.m.

## PROBLEM WATER? NO PROBLEM

Do you experience hard water, iron stains, smelly sulfur or bacteria?

Aquatru is your GE Pro Elite Dealer, names you can trust for Eco-Friendly and Chemical Free water treatment since 1994.

Call us today for your free water analysis and enjoy safe, clean, delicious water!

905-646-9624 or 1-888-927-8248

[www.aquatruwater.com](http://www.aquatruwater.com)



600 Ontario St., St. Catharines, L2N 7H8

ENTERTAINMENT

Ruth's Appointment Calendar  
Used To Be The TV Guide

## Now her calendar is full

**N**ow that Ruth lives in a Chartwell residence, she's learned how to use the game system instead of the TV remote control and every day is filled with new friends and experiences.

To find out more call Chartwell  
Select First Avenue at 905-735-5333  
or visit [www.chartwellreit.ca](http://www.chartwellreit.ca)

## WE ARE A PET FRIENDLY RETIREMENT RESIDENCE!



I was so thrilled to hear that Maggie can move in too!



00834722



**BOCCIO PHARMACY**  
on-line refills now available  
[www.boggios.com](http://www.boggios.com)

■ **HEALTH:** Public health department tells public not to panic

# Another wave of H1N1 hits Niagara

GRANT LAFLECHE  
Sun Media

ST. CATHARINES — As far as Dr. Doug Sider is concerned, there is no doubt the next wave of swine flu is already in Niagara. The Niagara Health Region's medical officer of health recently told a Sun Media editorial board, "It's here now and we'll find out in the

next few weeks how widespread it is, and I suspect it's more prevalent than we think."

Sider said the public health department is waiting for test results for people across Niagara who recently had flu-like symptoms.

He suspects many of these people will be suffering the effects of contracting the H1N1 virus, also known as swine flu.

Given the typical spread of flu, and H1N1

information from Australia, New Zealand and South American countries that have already gone through their flu season, Sider said it's highly likely there already are many local cases.

However, the public health department repeated its plea for the public not to panic.

"This is, in most cases, a very mild illness," said Dr. Val Jaeger, acting associate officer of health. "Most people will feel lousy for three or four days, treat with Tylenol and then they are fine."

During the last outbreak of H1N1 in Niagara, there were 21 confirmed cases and one death.

The public health department said there will be far more cases across the region as the flu season gets underway. As with the regular season flu, some people will die, Sider said.

While the virus is already infecting people locally, Sider said it will be between four and five weeks before the H1N1 vaccine is deployed.

The vaccine to be used in Canada is still awaiting final federal approval before it can be used, Sider said. In the meantime, the public health department is preparing its vaccination strategy, which has been made all the more complex because there are two flu strains.

Fu season is starting a few months ear-

lier this year because of the onset of H1N1, but it won't be long before large numbers of seasonal flu cases pop up as well. However, the viruses are different and require specially tailored vaccines.

Jaeger said the present plan is to start vaccination groups susceptible to seasonal flu, like seniors and people with chronic illness, within the next few weeks.

Once the H1N1 vaccine is deployed, the most vulnerable will be given priority, including pregnant woman, young children, health-care workers and people with chronic illness. After that, a community-wide seasonal flu vaccination program will begin.

Jaeger and Sider said the reason for this staggered approach relates to a recent Canadian study that showed people who had the seasonal flu shot may have a greater chance of contracting the H1N1 virus. Sider said it is not clear why that would be the case, so the study is undergoing a review to confirm its findings.

"It's only the Canadian study. This has not been found elsewhere, but in Canada, we have made the decision that we cannot dismiss the conclusions at this point," he said.

Given the most vulnerable will be given the seasonal flu shot, the plan is not to start the annual, larger public vaccination until the H1N1 vaccine is in use.

**SHORTHILLS**  
RETIREMENT Villa COMMUNITY

1532 Pelham St. N. Fonthill 905-892-5094

Apartments Start at  
**\$1875**

Our New Addition is Complete!  
Visit Us Today for your  
Personalized tour and  
Complimentary Lunch!  
With Appointment

**CLASSIFIEDS**  
ads@inportnews.ca

## localbrief

### COUNCIL OPPOSES TUNNEL PLANS

PORT COLBORNE — A tunnel proposed in 1975 has hindered development in the city for too long and council has taken the steps to allow new construction and expansion to move forward.

During the 1970s, Sider said, the council once again faced the opposition to a 1.5-kilometre tunnel from Gasoline to Wainfleet which has seen development on those lands prohibited since 1975.

"The report resulted from the Port Colborne traffic planning study completed in 1969 identifying then existing conditions and problems and forecasting traffic volumes as projected in 1985," said Mayor Val Jaeger. "The problem was the tunnel forced traffic to the constant interruption of traffic flow on Clarence and Main Streets. By the raising of the

two lift bridges over the Welland Canal."

In 1974, the estimated cost of the project was \$41.3 million — a figure that would nearly triple with inflation.

"Since the report was submitted, a third bridge has been constructed over the Welland Canal, the Niagara to GTA Corridor environmental assessment is currently underway and the Region of Niagara is also undertaking an environmental assessment for the South Niagara East-West Arterial," said Councilor Jim West.

In June, 2003 council adopted a resolution to oppose the project, however, the resolution was not acted upon. Last week, council once again voiced its opposition to the project with hopes that the Ministry of Transportation would lift the development ban on the proposed lands.

**West Harbour**  
RESTAURANT  
BAR & GRILL

3 Marina Drive  
Port Colborne

Your Hosts  
Tammy and Jim West  
Call for Brunch/ Dinner  
Reservations  
905-835-1895

**thanksgiving day**

Sunday October 11  
Brunch 11am-3pm

- Eggs, Homefries, Bacon, Sausage, Toast
- Cheese Trays, Fruit Trays
- Greek Salad, Caesar Salad, Coleslaw
- Turkey, Stuffing, Ham, Mashed Potatoes
- Gray, Baked Pinen, Glazed Baby Carrots, Butternut Squash
- Apple Pie, Pumpkin Pie, Coconut Cream Pie
- Rice Pudding, Jello Pudding, Mousse

Adults \$18  
Seniors \$13  
Kids FREE  
(5 & under)

**Dinner**  
Traditional  
Thanksgiving Dinner  
served at 4 pm

Turkey, Stuffing, Ham,  
Mashed Potatoes,  
Gray, Vegetables  
and Dessert

\$15p.p.

Regular Menu  
Available





For days like today™

# FALL SAVINGS EVENT

Stores  
Closed  
Monday  
Oct. 12

save  
**65%**

40 pc.  
screwdriver set  
Ergonomic design for  
comfort. Includes stubby,  
precision and hex keys.  
57-3807-4 Reg. 79.99



**19.99**

MASTERCRAFT

save 60%  
12 piece  
stainless-steel  
baking  
set

(2-2930-4)  
Reg. 24.99.



**9.99**

save \$200

Electric Log  
Splitter  
Powerful  
4-ton splitting  
force.  
2 yr. warranty.  
61-2813-4  
Reg. 399.99



**199.99**

save 60%  
3-piece round storage set  
Nested design for easy storage.  
Reg. 21.99 (222024-2)



**8.78**  
set

Nighthawk Platinum:  
90% more light  
for the road.  
Enjoy increased road visibility with Nighthawk Platinum Lights. Compared to a standard halogen headlamp, Package contains two replacement bulbs. 20-28487.

Other Nighthawk lights:  
20-30501. Reg. 24.99-50.99  
Service instalment price 79.99

**59.99**  
plg. of 2



save 70%  
**6.49**

Men's leather  
work gloves.  
Ideal for fall clean-ups.  
59-2869-6 Reg. 21.99



save 65%  
**9.99**

2.5 lb. axe  
Lightweight, durable fibre-glass handle.  
57-6113-4 Reg. 29.99



1/2 Price  
**6.49**

24" fan leaf  
rake  
Spring-braced  
rake design for added durability.  
59-5553-0  
Reg. 12.99



save \$50

110-CADR tower  
air purifier.  
For medium size  
rooms (170 sq. ft.)  
Permanent HEPA filter.  
Electronic filter indicator:  
43-5008-2  
Reg. 149.99



**99.99**

save 40%  
**5.09**

6V Floating Lantern  
Floats if dropped in water, includes heavy-duty 6V battery. 65-3004-0  
Reg. 8.49



SERVICE DEPARTMENT

SEASONAL  
WHEEL  
CHANGEOVER  
AUTOSERVICE

**19.95\***  
MOST VEHICLES

- Removal of summer wheels from vehicle
- Installation of winter wheels onto vehicle
- Some vehicles, vehicles may apply for vehicles with TPMS sensors.
- Industry licensed technicians
- Quality service
- Parts for all makes and models

PORT COLBORNE MALL  
WESTSIDE ROAD, PORT COLBORNE

**905-835-1155**



WELLAND  
158 PRIMEWAY DRIVE

**905-732-7501**

## ■ wainfleet library

FROM PAGE 9

**Oct. 21:** Ancestry Library Edition Workshop from 2:30 to 3:30 p.m. This hands-on workshop will show you how to use this new genealogy database. Pre-register by Oct. 15.

**Oct. 22:** Get Your Game On from 3 to 5 p.m. Drop in with your friends after school to play Nintendo Wii. Ages 10 to 18.

**Oct. 22:** Family Wii Night at the library from 6 to 8 p.m. All ages can drop in to play.

**Oct. 24:** Babysitting Course from 9 a.m. to 4 p.m. St. John Ambulance course for ages 11 to 14. Cost: \$50. Pre-register.

# Welland Curling Club OPEN HOUSE

Oct. 14 to 17th • 1pm - 3pm & 7pm-9pm

Sat., Oct 18th • 1pm - 3pm

During our Open House we will be offering instruction at no cost (no equipment needed)

Thursday Nights - Industrial Teams Needed. Contact Dave Brandon 905-534-7452



## ■ FIRE DEPARTMENT: Initiatives underway promote prevention and safety

### New rescue truck expands Wainfleet fire fleet

KAESHA FORAND  
InPort News Staff

**PORT COLBORNE** — With a new rescue truck, fire prevention program and smoke alarm inspection program, the Wainfleet Fire Department is working in overdrive.

Fire Chief Chris Cole, with the township's taxpayers in mind, looked for a used truck that could be customized to fit the township's needs. He found a 1998 Freightliner American LaFrance unit in Fort Lauderdale, Fla., and purchased it for \$17,000 (U.S.).

"We go to a lot of medical calls, and it can be used as a mobile command centre," he said. "It gives us a little more flexibility."

More than 100 houses are being fine-tuned, however. Cole believes the retrofitting has saved the township about \$150,000, compared to purchasing a new truck. The truck now boasts a defibrillator, first aid, rescue equipment, auto extraction equipment and other necessities to respond to calls.

The rescue truck brings the township's fleet to six vehicles — with a pumper in each station and a tanker.

"I can see it lasting at least 10 years. It's well made and in excellent condition," Cole said.

He also minimized the number of calls the department receives and to keep its residents safe, the township is also embarking on a number of initiatives.

This week, firefighters performed school tours where students from kindergarten to Grade 3 took part in demonstrations with firefighters and fire equipment.

"What we are targeting is fire prevention. When you start (studies) that young, it makes them aware."

Another part of their program is timed fire drills at schools.

Also continuing throughout the month of October will be the smoke detector program, where firefighters volunteer to enter homes to inspect smoke detectors. Cole is finding that only 50% of homeowners are complying with rules which state a working smoke detector must be located on every level.

"We have a lot of risk with a lot of older farm houses and neighbours aren't close," he said. "You've got to have something in your own home."

Cole also noted that since the squad is comprised of volunteers, it might take them a bit longer to respond to calls, especially in the winter months.

His volunteer crew, he said, is also giving information on escape planning and fire safety in the home.

Wood stoves should also be well maintained and seasoned wood should be used to heat the house or garage.

"Keep your chimney clean and check it on a regular basis," he said.

"It's so important."



KAESHA FORAND Staff Photo

Wainfleet fire Chief Chris Cole and his department are working in overdrive to educate students and the public about the importance of smoke alarms and executing proper fire drills.

**LENNOX**  
Hi Efficiency Furnaces & Air Conditioners

HOME COMFORT SYSTEMS  
SINCE 1895

**V.A. HOFFMAN**  
905-534-3783

393 Killaly St. E. Port Colborne

# DENTURE CENTRE

## Preventing Fungal Infections for Denture Wearers

Contrary to popular belief, life with a denture is not life without dentistry. There are quite special oral health concerns for people who wear dentures, and Candida infection is one of them.

Candida is a yeast-like fungus present in the mouths of about 30% of adults, and in nearly half of all denture wearers. It doesn't cause much trouble when the denture fits well, mouth tissue is healthy, immune system intact and nutritional needs are satisfied.

But an ill-fitting denture, or bad denture habits, can adversely affect both nutrition and oral tissues, and open the door to Candida invasion.

It happens fast. Candida can spread over a denture in just 30 minutes! Since Candida actually permeates the acrylic liner of the denture, chronic infection can occur. The common result is denture stomatitis, that is red inflamed sores under the denture. Stomatitis will discourage from wearing the denture at all.

How to resist infection? Keep your mouth tissues in top condition. Remove your dentures more often, especially at night. Let's try to determine what elements of your diet might contribute to fungus growth. Best of all, have us evaluate your denture fit. In severe or chronic cases you may need to see your doctor.

Of course, life with a denture can be full and vigorous. But remember, your oral health will always need attention, denture or no denture.

*Call For FREE Consultation*

**905 788-9676**

3-547 Thorold Rd., Welland  
Corner of Thorold & South Pelham

**DAN GRABOWSKI DD**



## localbrief

## BUMPY RIDE TO END FOR HWY. 140

PORT COLBORNE — Hwy. 140 will soon be transformed from a rocky rollercoaster to a smooth two-lane highway, thanks to the Ministry of Transportation of Ontario.

During a Sept. 28 meeting, Mayor Vance Badaway updated council on the MTO retaining services of McIntosh Perry Consulting Engineers to carry out the detailed design of the 6.2 km road work from Hwy. 3.

The detailed design phase will include geotechnical investigations, environmental services and contract preparation for the project Badaway hopes will come to

fruition in 2010.

"The ministry agreed to move forward since the current condition is unacceptable to a roller coaster with ups and downs instead of the smooth ride we want," says Badaway.

He said it has been "quite some time" since the provincially-owned land had undergone a rehabilitation.

According to a document issued by MTO, "the project will improve the riding quality of the driving surface, eliminate frost heaves and distortion areas, decrease maintenance demands and provide drainage improvements."

The project's time frame and costs are not yet known, however, since the highway is provincially owned, the province will be responsible for the its cost.

— Import News Staff

# CLASSIFIEDS

## big ads

### small ads

# licence TO VIEW

ONTARIO  
**URIDO**  
YOURS TO DISCOVER

ONTARIO  
**ALEX MAE**  
YOURS TO DISCOVER

ONTARIO  
**R COOKY**  
YOURS TO DISCOVER

ONTARIO  
**ANTHES**  
YOURS TO DISCOVER

ONTARIO  
**CINTAR**  
YOURS TO DISCOVER

ONTARIO  
**4R JC**  
YOURS TO DISCOVER

Each week we will print & licence plate numbers. If your licence plate number is listed, be the first caller to leave a message with your name telephone number and time of call.

CALL 905-732-2414 EXT 392

## IMPORT NEWS

Port Colborne  
We've Got You Covered!

WIN 3 JUMBO VIDEO COUPONS

**JUMBO VIDEO**  
281 King Street  
Port Colborne 905-834-9744



Come and Experience...

# BIG Sale

50%  
OFF

- ALL PLANT MATERIAL
- Shrubs • Trees
- Perennials
- Garden Mums \$6.99 or 3 for \$19.99

Selected Shrubs  
8 Trees Reduced  
to clear  
**\$5, \$10, \$20, \$30**  
While Supplies Last!

**PAUL'S**  
GARDEN CENTRE  
AND GIFT STORE

Open Daily - Mon.-Sat. 9am - 6pm • Sun. 10am - 4pm • 19 Lincoln Street, Welland • 905.732.5123

# Portal Village Plaza



Have you  
had your  
**HEARING  
CHECKED LATELY?**

CHERYL  
SMITH-INTERISANZO  
Hearing Instrument Specialist

**Hearing Aids & Diagnostic  
Testing**

We'd Love to Hear from You!  
**WE CAN HELP!**

For an appointment call:

**SMITH**  
HEARING & OPTICAL CARE

482 Steele St. 905-835-6607 Port Colborne

**BIG FRAME Sale** **up to 50% OFF**  


**NIKE** **inface** **KOALI**  
the year's  
hottest  
fashion trends  
FOR MEN AND LADIES  
**BRING YOUR VISION OR PRESCRIPTION TO:**  
**SMITH OPTICAL**  
VISION & HEARING CARE  
482 STEELE ST. PORT COLBORNE  
905-835-6607  
EYE EXAMS ARRANGED

Corner of Killaly Street West and Steele Street

**True Value Guarantee!**

Bulk supplies  
delivered daily.

- Premium triple mix soil

\$40 per yard

Pine & cedar mulches

\$48 per yard.

**20% off**

- Grass Seed - bagged or bulk
- Bird Feed - bagged or bulk
- Lawn Fertilizer
- Fall Feeders
- Fall Bulbs
- Concrete Statuary, Benches & Fountains
- ...many other in-store specials.

■ **HEALTH CARE:** Niagara Health System says urgent care centre didn't decrease number of patients in Port

# More Port patients using Welland hospital

MAGGIE RIOPPELLE  
InPort News Staff

**WELLAND** — Since the conversion to an urgent care centre at Port Colborne hospital, Welland's hospital has seen a 20% increase in Port patients.

While there has been an increase in Welland, surprisingly, the Port Colborne urgent care centre is seeing the same number of patients as it was when it had an emergency department.

Last week during an editorial board meeting with Sun Media newspapers, Niagara Health System president/CEO Debbie Sevenpiper said it's difficult to say what factors play into those numbers. But patients using the urgent care centre "know they will go there and be seen quickly."

It may be that residents still don't realize that 95% of the cases seen at Port hospital can still get the same care there — it's just emergency medical cases that have to get services at another site.

Some other notable issues, since the conversion, is that more people in Port Colborne are calling ambulances for medical issues not considered to be CTAS levels 1 or 2 — medical conditions requiring resuscitation or life-threatening.

"Niagara EMS has seen, in the last two months, an increase in calls for lower acuity," said Sevenpiper. "... the less sick patients who could have been appropriately seen in Port Colborne."

According to NHS public affairs consultant Caroline Bourque Wiley, in the Welland emergency room, for walk-ins only, the increase of Port Colborne residents with CTAS level 3,4,5 — non-life threatening conditions — increased in July (which transferred to 123) and in August by 31.1% (which translates to 97 patients). About 75% of the people using the Welland ER for non-emergency care were Port Colborne residents.

If one looks at average wait times, those patients would be seen more quickly in Port Colborne. In July of this year, the average wait for those less sick patients was 6.4 hours in Welland and 16 hours in Port Colborne's urgent care centre. In June, the wait for those less sick patients was 6.1 hours in Welland and 1.8 hours in Port Colborne.

Niagara EMS deputy chief Kevin Smith said overall there was a 10% increase in calls in August when compared with last year's figures. There has been an increased number of calls for patients with emergent conditions and lower acuity patients.

As for why so many people call for ambulance, Sevenpiper said, "you hear consistently that if you call an ambulance, you will be seen first."

But once patients arrive at the emergency room, they are

put on list with all other patients and the most urgent cases are seen first.

"Regardless of the fact you walk in or arrive by ambulance, you will be treated the same," she said.

Sevenpiper said the NHS may need to assess the information — possibly there needs to be more education and redirection, she said, adding that the Welland hospital site does provide information on what services an emergency room provides and when an urgent care centre provides patients.

At the same time, Niagara EMS has seen fewer patients needing to be transferred from Port hospital to Welland, which may be an indication that patients have an understanding of services and where they need to go depending on their health care needs, she said.

Smith said patients, who likely would have presented themselves to emergency are now calling Niagara EMS.

"Obviously, Niagara EMS is an emergency medical service," said Smith. "Again, these are early indicators, which make sense... the sicker patients are calling for us, they are not going to see self at Port Colborne (urgent care centre)."

Sevenpiper said that — from patients who have been followed out a survey — there was a 97% satisfaction rate that was good or excellent at the urgent care centre in Port.

"I think that has got people to expect the same in Port," said Sevenpiper. "We're doing our best to do some mighty things that the hospital is closing."

The move to create more urgent care centres, said NHS officials, is a provincial strategy. While the urgent care centres are not designed for handling those emergent patients — for example, those who have chest pain, intense abdominal pain or seizures — the staff is trained and equipped to be able to take a patient and refer them to another site, said Sevenpiper.

"We don't want people to come to urgent care centres with chest pain," said NHS emergency medicine director, for the southern tier, Dr. Maynard Luterman. "We don't want them to go to Port Colborne... the care is equivalent to a point."

Those urgent care centres, he said, are not equipped with the equipment needed to properly treat patients, which is the reason those patients would be redirected to other hospital sites, he said.

Over the weekend, the NHS and Niagara EMS formed a new "first-ever in the province" agreement that will allow patients with lower acuity, or those less urgent medical conditions, transported by ambulance to the urgent care centre. This has already begun at Douglas Memorial and is being rolled out in Port Colborne in a few weeks, said Sevenpiper.

"The inclusion and exclusion criteria is becoming well-defined," said Smith, adding that likely patients in CTAS levels 4 and 5 will be transported to urgent care centres if those centres provide the appropriate level of care.

Smith said he doesn't want the public to be afraid of the ambulances will transport all patients typically seen at urgent care centres and that CTAS levels 3,4, and 5 will automatically go to an urgent care centre — level 3 patients usually have conditions that can become an emergency situation, depending on the patient's condition to whether they need to be transported to hospital.

This may help alleviate some of the pressure on the Welland hospital and Sevenpiper said the recent data from EMS with the higher volume of calls for lower acuity patients was a factor in the creation of this new agreement.

The NHS fully expects that while "change is never easy," the public will begin to use the urgent care centre as it was intended. NHS runs community clinics like Wellcare, may be a good model to see in Port, and the community in the lakeside city will see the hospital isn't closing. In St. Catharines at the Ontario St. site, Dr. Paul Faulkner said initially there was a dip in the number of patients but the number of visits has risen from 25,000 to 35,000 per year as patients become more familiar with the services.

As for pressure on the emergency room in Welland, the NHS has implemented a new system where the less urgent patients move through the wait room quicker. The Clinical Systems Investigation unit allows for less urgent patients to be seen by a nurse practitioner who can order X-rays or tests so those results are in the hands of the physicians before they even see the patient.

"There are 20 medical directives ... nurse practitioners can initiate," said Faulkner.

"I usually shave an hour off the top."

As well, in Welland there is double coverage of physicians in the ER during peak times, which was started three years ago.

Luterman said the emergency rooms also have a policy where some patients can be offloaded to other hospital sites and at times, patients are offloaded to Welland.

The NHS is not alone in having long wait times, offload departments problems finding beds to admit patients, he said.

"And people are going to beat up on the NHS for that?" he said.

"This is a much bigger problem. The reality is there is a problem with the system ... we're working on it. There's no lack of effort, dedication or creativity."

mriopelle@wellandtribune.ca

# Niagara Auto Sales

"The Truck Specialists"



**\$13,995**



**\$8,995**



**\$7,995**



**\$7,995**



**\$9,995**



com

07 Honda Civic 4Dr Sedan      05 Mazda 3 4Dr Sedan      07 Nissan Sentra 4Dr Sedan      03 Pontiac Grand AM GT      07 Pontiac G5 4Dr Sedan

Also Weekly & Bi-Weekly payments available.

[www.niagaraautosales.com](http://www.niagaraautosales.com)

ADD US TO YOUR FAVOURITES

1031 NIAGARA STREET WELLAND • 905-735-6023  
Lubrico Extended Warranty Available • Full Purchase Financing as Low \$100 down • Trades Welcome

## ■ PEOPLE, PLACES

## One weekend, three mouthwatering events

George Duma  
BY GEORGE

I seem to be a fool last weekend and say I know how decadent that sounds and it's not something I'm particularly proud of. It's just the way things worked out.

It started last Friday. We attended the Food and Wine Series at Roseland in Port Colborne. It's a three-day event that kicks off last week and runs through the winter and spring months, wrapping up in May. Now going into its eighth year, the evening parties up a five-course meal with five different wines from the participating winery of the evening. In our case, it was Birchwood Estates Wine.

Now, I know what you're thinking. Who the heck drives home? Well, many of the 35 or so attendees have their kids come along with them. Hey, sometimes there has to be a practical reason for having children. I suspect this is one of them. Others simply cab it home or have a designated driver in their group.

Anyways, we had the opportunity to sit with two of our closest friends, James and Angela Breunan. And we had a ball. We had the opportunity to savor an extraordinary meal prepared by chef Matt Jones and his staff. Matt is normally the master of the kitchen at the Buffalo Canoe Club when he's not doing his monthly gig at Food and Wine.

First up was an appetizer of steamed mussels paired with a Pinot Noir. I always associate seafood with wine. Not necessarily, James told.

Chevyron Cook is the retail manager for Diamond Estates Wines and Spirits Ltd., the umbrella organization that oversees Birchwood in addition to Lakeview Cellars, East Dell Estates, Dan Andrew, 20 Bessie and the Port. She walked us through the process of enjoying a glass of wine. Fine senss need to be satisfied. Who knew?

"First, there is sound," she said, as she clinked glasses with the rest of us. She's right.

"Then, there is sight. Look at the wine, appreciate it, make sure nothing is floating in it," she said to laughter.

Then, she explained the process of smelling the wine. You really do taste what you smell.

I'm not kidding. Try it. Take whatever you're about to eat or drink, hold your nose and put it in your mouth. The taste is completely different than when you don't do that.

Next, of course, is taste. But the "first sip" will desensitize your taste. I know.

Finally, it will actually the next

sip that will tell you taste buds what it's all about.

Finally, you have to feel the wine going down. The sense of feeling is extremely important to the whole process.

Finally, you have the muses and Pinot Noir. It was interesting to try an excellent red with mussels. Still not sure, though, but it was fun.

Next up was a chicken and pear salad that featured grilled chicken, crispy greens, sliced pears, dried cranberries and spicy glazed pecans allлизed with sweet onion vinaigrette. Certainly one of the most delicious salads I've ever had. This was paired up with a Gewürztraminer/Blessing, a slightly sweet wine that made me think for the salad.

"You need a little bit of sweet in your wine if you're eating spicy," Chevyron explained, referring to the somewhere spicy pecans. "A dry wine will burn you."

Then there was an avocado and spinach soup served with a Chardonnay. Oh, my.

The entree was sheer comfort food, just a good, rib-sticking fall dinner on a miserable rainy night — braised beef short ribs with mashed potatoes, accompanied by Swiss chard and honey carrots. This was paired with a Merlot, a wonderful red perfectly designed for that kind of meal.

And dessert? Normally, I don't eat dessert. I just don't have room. But Matt made apple fritters with a peach coulis and whipped cream and Chevyron put them together with a Late Harvest Vidal. I ate them and drank the wine. One of the best desserts I've ever had. Ever!

For more information on trees, simply go to [www.portcolborne.ca/page/homepage](http://www.portcolborne.ca/page/homepage). Then go to the Roseland Centre from there. You'll get all the information you'll need.

Go. You'll have fun. Or, get it as a gift for someone you love. They'll be as much fun as we did.

\*\*\*

Saturday afternoon was Food Festival time.

I just broke my heart this year. The weather was not kind

to either vendors or attendees. I spoke to a good friend who owns a restaurant in Welland, an extremely popular one. I'm not naming him because I never told him I would be quoting him.

"How did last night go?" I asked.

"How do you think it went?" he replied.

"OK, dumb question. It was pouring rain and windy Friday night in Welland. This particular spot did 20% of the business on Friday night it did during last year's Food Festival."

On another note, on Saturday I visited the booths for the Niagara Culinary Institute, the place where students go to learn to be chefs, and the Niagara College Teaching Winery, where students go to learn the obvious. I found some spots in my heart and already been, even before I went to the college to teach journalism.

At the Culinary Institute, I had the beef kabob on a pita paired with a Niagara College Red Blend (I think it's called; it's the generic red).

In addition, I had the lamb spiedini with mint risotto from Lorenzo's Fine Foods in Pelham. I actually had to go back and tell Lorenzo it was one of the best lamb dishes I ever had.

I set that up with a Niagara College White (the generic white). I saved some of the white to have with the Cajun catch fingers with chipotle dip from Sparrow Lakes Golf Club.

I can only hope the entire weekend will be a washout for vendors and attendees.

\*\*\*

Then, there was Saturday night. We went over to Claudia and Diane Breunan's for an Oktoberfest dinner. They live down the road from us and they're good friends.

My goodness. We met many new friends, as we knew hardly anyone before we got there.

And, again, the food! In keeping with the Oktoberfest theme, we had bratwursts served up different kinds of sausage, sauerkraut, potato salad, baked beans and more.

This week is aimed at eating very little.

**George Duma** is a resident of Port Colborne and has been a 30 years in the newspaper business. He is currently a member of the journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at [gduma@cocego.ca](mailto:gduma@cocego.ca).

Local Content  
Like No Other

IMPORT NEWS

SPOTLIGHT  
ON SERVICE

## Clothes &amp; Crafts

- Dressmaking - Adults & kids clothing • Crafts
- Alterations • Wedding & Special Occasion Parties

Maria Kievit

Sewing lessons ages 8 and up

come in with or without pattern

52408 Bradshaw Rd.

RR3 Wainfleet ON

905-899-2556

63628542

## DO YOU HAVE ASH TREES?

BUCHANAN  
expert tree careCall **Bill Buchanan**, BoardCertified Master Arborist for a free  
consultation on how to protect your  
Ashes from Emerald Ash Borer.

905-892-6579



63628542

# Support your Local Merchants

**Tom Blanchard CONTRACTING**

**decks 15% off**

We do:  
 • Garage Work  
 • Roof Repairs  
 • Interior Work  
 • Deck Wash & Sealant • Kitchen/Bathrooms

**905-834-0370**

*We do it all!*

**PORT COLBORNE LANDSCAPING** Since 1974

**Lawn & Bedding Design, Sodding, Rolling, Aerating, Cutting, General Lawn & Garden Maintenance**

Call Bill Cohoe **905-835-8266**  
 731 Sugarloaf Street Port Colborne

**SENIORS 15% OFF**

**EVERY TUES. & WED.**  
Not valid with any other discount. Call for an appointment today!

Jo Ujfaluassy, European trained with over 21 years experience.

A style you love from the family you trust.

**English Roots**  
 Hair Design  
 547 King Street, Port Colborne  
**905.941.0365**  
 E-mail: info@englishroots.ca  
 Visit [www.englishroots.ca](http://www.englishroots.ca)

**ROOFING**  
**Father & Son Roofing**

**Professional Courteous Service Emergency Repair 25 Years Experience**

**We Do Eavestroughs**  
 Fully Insured  
 Jeffrey Levesque **905.834.5336**

**TELL 25,000**  
 READERS ABOUT YOUR NEW PRODUCT OR SERVICE

**IMPORT NEWS**

**Seniors Real Estate Specialist**  
 (also those 50+)  
 • 24 Years Experience  
 • Port Colborne's #1 Home Seller

**FRANK RUZYCKI**  
 To Sell Your Home  
**CALL FRANK**  
**905 834-7777**  
**RE/MAX**  
 Weidend Holz Ltd., Brokerage RE/Max - PORT COLBORNE  
[www.portcolbornehomes.com](http://www.portcolbornehomes.com)  
[www.wainfeethomes.com](http://www.wainfeethomes.com)

**DENNIS O'REILLY**  
 General Contracting/Carpentry

**HONEY DO LIST:**

- ✓ Finish Carpentry
- ✓ Decks
- ✓ Kitchens
- ✓ Drywall
- ✓ Fences
- ✓ Bathrooms
- ✓ Electrical
- ✓ Flooring

Call Dennis when your list gets too long!  
 (905) 894-8599 • FREE ESTIMATES

**THE COMPUTER DOCTOR**  
**905-380-9856 ph**

- Repair • Service
- Networking • Prevention
- House Calls

**10% off** with this ad  
 website: [www.thepcomputerdoctor.com](http://www.thepcomputerdoctor.com)  
 e-mail: [mark@thepcomputerdoctor.com](mailto:mark@thepcomputerdoctor.com)

Game see our selection of floor appliances and weekly sales.



**Sears**

101 Clarence St. West, Port Colborne  
**1-800-267-3277**  
[www.sears.ca](http://www.sears.ca)  
 Mon.-Fri. 9:30-5:30pm • Sat. 10-4pm

**Happy Thanksgiving**

Want a different dessert for Thanksgiving ~  
**"Grape Pies are back!"**

**\$7.99** each or Tarts **\$1.00** each

Dessert Trays for weddings, showers and special events.

**"Mmm Dessert!"**

101 Clarence St. West, Port Colborne  
**905-835-7800**  
 LOCATED IN THE **Sears** OUTLET  
 Mon.-Fri. 9:30-5:30pm • Sat. 10-4pm

Illustrations by: G. G. G. (Glen G. Gosselin)

Illustrations by: G. G. G. (Glen G. Gosselin)





## ■ EDUCATION: Celebrating our teachers



KAESHA FORAND Staff Photo

Teachers at McKay Elementary School were honoured Monday during world teacher day. Students signed frames, thanking their teachers and also gave them a 20-minute student-free break in the afternoon with coffee, tea and baked goodies.

## ■ CFUW BOOK SALE: Event to be held Oct. 17



Submitted Photo

Port Colborne High School graduate Amanda Banks received one of the Canadian Federation of University Women scholarships for 2008 and is pictured with Beth Jeffery, book sale convenor. She is currently in her second year in Communication Arts at Wilfrid Laurier University. Eight scholarships are awarded each year to recipients at local high schools. The scholarships are funded from the proceeds of the CFUW annual book sale. The sale will take place on Saturday, Oct. 17 at the Niagara Regional Exhibition grounds from 9 a.m. to 3 p.m. in Welland.

General Employment **A80**

## WORK OPPORTUNITIES

FOR YOUTH: Enjoy children? In Florida, New York, Ontario, Boston all USA, Safety, arties, maeing people more. Available. Spain, England, Canada, Korea - Different benefits apply.

Interests: Art, Music, Sports, etc.

Call 492-422-1455 or Email: [scott@sympatico.ca](mailto:scott@sympatico.ca)

1180202

Notices **A910**

WSIB FREE CASE ASSESSMENT NO UP FRONT COSTS OR REPRESENTATION Over \$100.00 in Settlements. Call free 1-888-747-8474 Code #125

CLASSIFIEDS 1-866-541-6757

[classifiedextra.ca](http://classifiedextra.ca)

Adult Personal **A974**

ASIAN MASSAGE Young Pretty Girls 268-213-8682

Advertise with us 1-866-541-6757

FREE Cell 416-499-1100

1-866-732-0070

LIVE FREE Cell 1-888-628-7370

Hot Free Cell

1-877-290-0553

NEW! Free Cell 1-888-544-0189

## Community Services

Person to Person **A984**

ALCOHOLIC ADDICT, ARE YOU WASTING, DRINK, THAT'S YOUR BUSINESS, BUT YOU WANT TO GET IT DOWN, CALL 905-682-2140

1-866-541-6757

1180202

Health & Medical **A854**

## Wanted!

Dental Administrator

Applicants must have: DDA Diploma or 2 years experience in a dental office. Please fax resume to: 905-636-9660

## EDUCATION

## REMOVE YOUR CRIMINAL RECORD

can follow you for life. For info, call: SERVICES CANADA

has 20 years of experience

GUARANTEED RESULTS

Call 1-800-NOW-PARDON

(1-800-727-7356)

[www.RemoveYourPardon.com](http://www.RemoveYourPardon.com)

## 6 REASONS WHY TO JOIN MISTY RIVER INTRODUCTIONS

(1) You're in love. (2)

Thousands of people

have successfully

been introduced

Call today for your free

consultations! (905) 214-

710100

[www.mistyriverintro.com](http://www.mistyriverintro.com)

Dating **A990**

## Drywall/ Plaster

## Personals

JOHN'S TAPING & Drywalling - Home & Commercial. 905-834-5888

re: drywall, plaster, etc.

Call today for your free

consultations! (905) 214-

710100

[www.mistyriverintro.com](http://www.mistyriverintro.com)

Psychics **A995**

LOVE MONEY LIFELI

#1 Psychics

1-866-541-6757

Credit Cards/Deposit

\$3.19/min. 18+

1-866-541-6757

[www.mysticalreaders.com](http://www.mysticalreaders.com)

1-866-541-6757

FREE Cell 416-499-1100

1-866-732-0070

LIVE FREE Cell 1-888-628-7370

Hot Free Cell

1-877-290-0553

NEW! Free Cell

1-888-544-0189

1-866-541-6757

1180202

Landscaping **A996**

Snow Removal

NAGY CONSTRUCTION

30 yrs exp heavy

equipment, etc. Call Bob

905-334-0462

1-866-DARK TOP 800

\$28 per yard(24 yr old) min.

Comm: Snowplowing

905-714-0228

1-866-541-6757

FREE Cell 416-499-1100

1-866-732-0070

LIVE FREE Cell 1-888-628-7370

Hot Free Cell

1-877-290-0553

NEW! Free Cell

1-888-544-0189

1-866-541-6757

1180202

Roofing **S300**

FRED'S ROOFING

erves trough, flat

and shingle roofs

& repairs. Free est.

905-334-0462

1-866-DARK TOP 800

\$28 per yard(24 yr old) min.

Comm: Snowplowing

905-714-0228

1-866-541-6757

FREE Cell 416-499-1100

1-866-732-0070

LIVE FREE Cell 1-888-628-7370

Hot Free Cell

1-877-290-0553

NEW! Free Cell

1-888-544-0189

1-866-541-6757

1180202

Business/ Franchise Opps **S380**

FREE CATALOGUE AT

1-866-541-6757

Franchises

Business

Services

S370

FALL SAVINGS!

9 weeks for \$99 Lock

up your business!

Results Guaranteed

Call 1-866-Magic

1-800-541-6757

information

time off!

1-866-541-6757

1180202

Business/ Franchise Opps **S380**

FREE CATALOGUE AT

1-866-541-6757

Franchises

Business

Services

S370

FALL SAVINGS!

9 weeks for \$99 Lock

up your business!

Results Guaranteed

Call 1-866-Magic

1-800-541-6757

information

time off!

1-866-541-6757

1180202

Read it in the classifieds

1-866-541-6757

1180202

FRESH

Advertising. It works

Selling something

that can't wait!

Reach the Entire

Community.

We'd be happy to

help you

7am-7pm

Monday - Friday

8am-4pm

3pm-3pm

We'll get you all the

area's

Best Papers

We can get done

right off the

phone.

1-866-541-6757

1180202

Classified Specialists

fresh-picked

fruits & vegetables

1-866-541-6757

## ATTENTION READERS

classifiedextra.ca

strongly urge readers

to read the

POTENTIAL BUSINESS

AND FRANCHISE

Opportunities before

spending money in

response to any

advertisements.

1-866-541-6757

1180202

classifiedextra.ca

1-866-541-6757

1180202

FRESH

Advertising. It works

Selling something

that can't wait!

Reach the Entire

Community.

We'd be happy to

help you

7am-7pm

Monday - Friday

8am-4pm

3pm-3pm

We'll get you all the

area's

Best Papers

We can get done

right off the

phone.

1-866-541-6757

1180202

Classified Specialists

fresh-picked

fruits & vegetables

1-866-541-6757

1180202

classifiedextra.ca

1-866-541-6757

1180202

FRESH

## Notices

## Personals

## EDUCATION

Specials in effect Fri. Oct. 9th to closing Thurs. Oct. 15th, 2009 • OPEN SAT. 8-6, SUN. 10-5, TUES., WED. 9-6, THURS-FRI. 9-9 CLOSED MON. OCT. 12

CUT FROM ONTARIO AA BEEF OR HIGHER  
NORWICH PACKERS CORN FED BEEF

CHIEF STYLE CAPLESS  
**PRIME RIB  
ROASTS**

**FRESH WHOLE  
TURKEY  
BREAST**  
**\$3.99**  
lb.  
3.25g avg.

**SAVE  
\$5.00  
LB.**  
**\$5.99**  
lb.

FRESH FROM PUPO'S BAKERY

**PUMPKIN  
PIE**

Large 90g pie

**5.99  
each  
LB.**

ORDER NOW FOR THANKSGIVING  
**FRESH GRADE A  
TURKEYS**

10 LB. - 25 LB. AVG.

**\$2.29  
lb.**

Available Friday, Oct. 9 thru Sunday, Oct. 11

CUT FROM ONTARIO AA BEEF OR HIGHER  
NORWICH PACKERS CORN FED BEEF

**BONELESS  
NEW YORK  
STRIP STEAKS**

**SAVE  
\$5.00  
LB.**  
**\$6.99**  
lb.

3 pkgs. limit

**DELI Specials**

**Beef  
COIL HAM  
KOLBASSE**  
**1/2 PRICE  
\$3.99  
lb.**

**Black Forest  
HAM**  
**1/2 PRICE  
\$2.99  
lb.**

**Salami  
MOZZARELLA  
CHEESE**  
**1/2 PRICE  
\$4.99  
lb.**

**COUNTRY MEATS 3/4 lb. avg.  
BONELESS  
BLACK FOREST  
HAMS**  
**\$2.99**  
lb.

**SAVE  
\$1.00  
LB.**

**FRESH ONTARIO PORK  
CENTRE CUT LOIN  
PORK  
ROASTS**  
**\$2.99**  
lb.

**1/2 PRICE  
\$2.99  
lb.**

**MAXWELL HOUSE  
COFFEE**  
825g can  
**4.99**  
2 can limit

**PEPSI COLA**  
Regular or Diet  
Case of 12  
**3/\$10**  
3 case limit

**Stoney Creek Dairy  
ICE CREAM**  
1.89 litre carton  
**3/\$10**

**GREEN GIANT  
VEGETABLES**  
PEAS, NUGGETS, CREAM CORN,  
GREEN BEANS, CARROTS  
12.7 / 14.4 oz. can  
**\$1**  
LIMIT 12

**D'ITALIANO  
BREAD**  
675g loaf  
**2/\$4**

**Bick's  
BABY DILLS  
SWEET MIXED  
YUM YUMS**  
1 litre jar  
**\$2.99**

**KRAFT  
CHEESE**  
500 g block  
**\$5.99**  
**SAVE  
\$2.70**

**Lay's  
POTATO CHIPS**  
2.25kg bag  
**2/\$5**

**Stokely  
PUMPKIN**  
TIN 14 oz.  
**2/\$4**

**ROMAN GNOCCHI,  
RAVIOLI OR TORTELLINI**  
1 lb. bag  
**2/\$4**

**SEALTEST  
SOUR CREAM**  
500 ml tub  
**\$2.49**

Now Available Fresh Cut Squash, Cabbage & Turnips for your Convenience

**NO. 1 GRADE ONTARIO  
SAVORY  
CABBAGE**  
**99¢**  
lb.

**NO. 1 GRADE ONTARIO  
RED OR WHITE  
MINI POTATOES**  
**89¢**  
lb.

**NO. 1 GRADE ARIZONA  
BABY GREENS**  
Washed, Ready to Use  
**3.99**  
1 lb. bag

**NO. 1 GRADE ONTARIO  
FLESHY BEAUTY, BOSC  
OR BARTLETT PEAR**  
**99¢**  
lb.

**EXTRA FANCY ONTARIO  
HONEY CRISP  
APPLES**  
**1.69**  
lb.

**MILD MATURED  
TURNIPS (RUTABAGAS)**  
**59¢**  
lb.

**NO. 2 GRADE ARIZONA  
CORELESS  
CARROTS**  
**79¢**  
lb.

**NO. 1 GRADE ONTARIO  
CARROTS OR COOKING ONIONS**  
**1.69**  
5 lb. bag

**NO. 2 GRADE ONTARIO  
YAMS**  
**79¢**  
lb.

**NO. 2 GRADE CALIFORNIA  
"ANDY BOY"  
BROCCOLI**  
**99¢**  
lb.

■ BLUE BEARS REUNITE

**Port High  
reunion set for  
Oct. 17**

KAESHA FORAND  
InPort News Staff

**PORT COLBORNE — PORT COLBORNE** — From 1980 to 1990, students who walked the halls of Port Colborne High School had big curly hair, mullets and odds are they also owned a pair of zippered parachute pants or leggings.

Many would make their way to Niagara Falls, N.Y. to party at Club Exit, Bragg's and Uncle's among others.

For the 20th graduation X teens, a reunion is being planned for students who donned the Blue Bear jersey between 1980 and 1990.

Organizer Tracey Jennings attended Port High between 1984 and 1988 and she wants to build on a small reunion held last May where 150 graduates shared their memories.

She's been using modern day technology and Facebook to contact former students and 100 people have already confirmed their attendance for the Oct. 17 reunion to be held at the Funky Monkey, 128 Main St. West in Port Colborne, from 8 p.m. until close.

"I've talked to a lot of people, especially through Facebook, it's so easy to keep in touch."

One former blue bear is making his way to Port from Europe, others are coming in from Virginia, London Ont.; Toronto and beyond.

The Funky Monkey was a suitable choice since the owner is also a Port High graduate.

Tickets for the event must be purchased in advance at the Funky Monkey for \$5 which includes a midnight buffet. Proceeds from the evening will be donated to the First Friends daycare at Port High. Keeping with the theme, an annual blue and white costume contest will be held.

Ideally, Jennings would like to see 300 to 400 people attend and encourages all Port High grads to spread the word and contact as many classmates as possible.

"There are a lot of people trying to spread the word."

For more information, contact Jennings at 905-834-8212 and leave a message, or join the Facebook group Port Colborne High School reunion.

forand@wellandtribune.ca

■ DINNER TO BENEFIT UNITED WAY

**TICKETS STILL AVAILABLE FOR MURDER MYSTERY**

More than half the tickets are sold for a Murder Mystery Dinner in support of United Way of South Niagara.

The evening is being hosted by Meals on Wheels Port Colborne on Friday, Oct. 30 at 6 p.m. at the Croatian National Home in Welland.

Tickets are \$40 each, will be sold until Oct. 23 and can be reserved by calling 905-835-2821 and includes the evening with actors by Tammy Fully Executed Mimes in Niagara-on-the-Lake.

The cocktail hour begins at 7 p.m. where guests can receive clues to the murder. Dinner begins at 7 p.m. and during dessert, the mystery will be solved.

The evening will also feature a live auction where bidders can win hockey tickets, golf packages and tickets to shows.